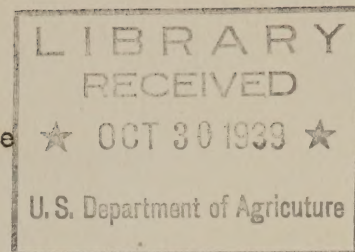


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Washington, D. C.



NUTRITION SECTION  
of  
REGIONAL EXTENSION CONFERENCE FOR NORTHEASTERN STATES

New York City, March 1-3, 1939

Reports of Committees

1. Guide posts for a regional nutrition program in the Northeastern States.
2. Developing a long-time cooperative program with State Boards of Health.
3. Recommendations concerning a State-wide school lunch program.





Report of Committee on Guide Posts For a  
Regional Nutrition Program in the  
Northeastern States

1. Work for the appointment in each State of a State committee on "Better living from the farm" composed of economists, and specialists in farm management, production, marketing, nutrition and home managing, charged with the duty of appraising food supply problems in different type of farming areas, or on specialized or part time farms, working out possibilities of cooperation, and advising with county extension agents and county planning groups. The appointment of such a committee, however, is the responsibility of the administrative rather than the subject matter group.
2. Make and keep the nutrition program a functioning part of the work of the land use planning committees by helping to
  - a) provide and interpret data on food habits, available food supply, food expenditures, and health,
  - b) formulate constructive goals in relation to nutrition and health,
  - c) work for sustained interest and accomplishment toward these goals,
  - d) develop nutrition leaders with an understanding of local and county food supply and nutrition-health situation, qualified to make useful members of agricultural planning and land use committees.
3. Contribute to the study of adjustments needed to make possible more effective functioning of the nutrition program recommended by the State leader group. Specifically, continuity of time and emphasis is needed in nutrition projects if we are to build attitudes and establish practices in individuals, train leaders for effective service, gather significant background data and set and reach significant goals. The effectiveness of the nutrition program is often limited by lack of time on the part of county workers for follow-up, and in some cases by the lack of continuing committees in local groups.
4. Meanwhile, continue to:
  - a) Encourage the study of food habits and local health conditions as a basis for community programs, and as a means of educating adults and youth to a better understanding of the needs of families and communities, and more active participation in community betterment.
  - b) Try to reach a larger proportion of farm homes and to help young homemakers both within and outside of organized extension groups. Since 1935, the following methods have been emphasized and found valuable -



Cooperative work in child and maternal conferences, in mothers' classes, P.T.A. groups and in the school lunch, and visits to selected homes with children.

The family approach, and utilizing to the fullest extent the contribution of the 4-H growth program to improve members' food habits, influence families and increase interest in family nutrition.

- c) Enroll a limited number of result demonstrators in the better living from the farm program.
- d) Relate subject matter of foods and nutrition to other extension projects in order to meet the larger problems of successful living.
- e) Emphasize the training and responsibilities of volunteer leaders, to give the home demonstration agent more time for home visits, work with younger homemakers, cooperation with other agencies, and follow-up.

Respectfully submitted,

Inez Prudent

Pearl MacDonald

Elizabeth E. Ellis

Miriam Birdseye

Portia B. Harvey, Chairman.



Committee on Developing a Long-Time Cooperative Program  
With State Board of Health

In practically every State in the Northeastern section some type of cooperative program is being carried on with the State Department of Health or the State Board of Health. The specific program and the method of working naturally varies in the different States.

The Committee feels that plans now in operation might be more successfully carried on if State nutrition councils could be organized. In certain States nutrition councils might well be broadened to health councils.

1) State nutrition councils might be formed -

To attack a nutrition problem common to people in a number of communities served by several agencies.

At a nutrition institute called by one of the agencies.

Through personal conference with representatives of different agencies.

2) The personnel of a State nutrition council might include representatives of:

State Extension Service	Welfare Agencies
Farm Security Administration	Social Workers
State Board of Health	Red Cross
Nursing Organizations	Parent-Teacher Association
Medical Group	Tuberculosis Organization
Dental Group	Health Associations
State Department of Education	and similar agencies.

3) Some problems which a State nutrition council might to advantage attack:

School lunch	Poor teeth
Use of surplus commodities	Malnutrition
Child health conferences	Tuberculosis
	Family food supply.

Respectfully submitted,

Dorothy Williams  
Pearl MacDonald  
May Foley  
Leone Dakin  
Marie Doermann, Chairman.



Committee on Recommendations Concerning  
A State-Wide School Lunch Program

In every State many agencies are properly interested in the provision of an adequate lunch for children at school, and carry on a more or less limited program to attain that goal. These agencies include:

1. The Extension Service
2. The Public School System
3. State Homemaking Education Service
4. The Parent-Teachers' Association
5. The State Department of Public Health
6. Social agencies, such as:
  - a) W. P. A.
  - b) Department of Public Assistance
  - c) Public Welfare Department
7. Farm Security Administration

Because the usual procedure is to work separately and sporadically, the benefits are often confined to small isolated areas. In other places there is duplication of effort. In still others the possibilities of providing an adequate school lunch have not been investigated nor its value appreciated. In order that there may be a coordinated program over the State as a whole, the Committee recommends the following in the absence of an established State program:

1. That a conference be called including representatives of those organizations named above and any others interested, to study the need for a program of better school lunches.
2. That if needed, a permanent State committee be constituted, meeting regularly and consisting of an extension nutritionist and a nutritionist from the Public Health Department, and representatives from such of the agencies mentioned above as may be interested. The purpose of such a Committee should be to organize a better school lunch program, State-wide in scope, which will combine the efforts of all.
3. That a plan be formulated which shall include emphasis on the following points among others:
  - a) Sanitation
    - water supply
    - food preparation
    - storage and care of food and equipment.
  - b) Close cooperation between home and school in planning.

- c) Creation of favorable and enthusiastic sentiment for better school lunch in the community.
- d) Creation of the right type of social atmosphere during the lunch hour.
- e) Provision for a supervisor of school lunches.  
This may be by delegated authority.

Respectfully submitted,

Margaret McPheeters  
Anne Matthews  
Marion Evans Dakin  
Inez Prudent, Chairman.



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